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Centennial Hiking Challenge

Joshua Tree National Park

DEPOSITORY ITEM

FEDERAL PUBLICATION

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For **Our** 100th Birthday, We Want **You** to Go Hiking!

To celebrate 100 years of the National Park Service, we challenge you to hike 100 miles in Joshua Tree National Park.

How the hiking challenge works:

1. Go hike in the park.
2. Fill out trail details on the provided pages.
3. Present your booklet to any visitor center after each milestone to receive your free sticker.

Earn a sticker at:

5 miles
10 miles
25 miles
50 miles
75 miles
100 miles

Cover photo: Barker Dam Trail. Back Cover: Skull Rock Trail.

Short Walks

- ☐ Arch Rock *(.3 mi / .5 km)*
- ☐ Bajada *(.25 mi / .4 km)*
- ☐ Barker Dam *(1.1 mi / 1.7 km)*
- ☐ Cap Rock *(.4 mi / .6 km)*
- ☐ Cholla Garden *(.25 mi / .4 km)*
- ☐ Desert Queen Mine *(2.8 mi / 4.6 km)*
- ☐ Hidden Valley *(1 mi / 1.6 km)*
- ☐ Hi-View *(1.3 mi / 2.1 km)*
- ☐ Indian Cove *(.6 mi / 1 km)*
- ☐ Keys View *(.25 mi / .4 km)*
- ☐ Oasis of Mara *(.5 mi / .8 km)*
- ☐ Ryan Ranch *(1 mi / 1.6 km)*
- ☐ Skull Rock *(1.7 mi / 2.7 km)*

Moderate Hikes

- ☐ 49 Palms Oasis *(3 mi / 4.8 km)*
- ☐ Lost Horse Mine *(4 mi / 6.4 km)*
- ☐ Mastodon Peak Loop *(3 mi / 4.8 km)*
- ☐ Maze Loop *(4.8 mi / 7.7 km)*
- ☐ Pine City *(4 mi / 6.4 km)*
- ☐ Split Rock *(2.5 mi / 4 km)*
- ☐ Wall Street Mill *(2 mi / 3.2 km)*
- ☐ West Side *(4.7 mi / 7.5 km)*
- ☐ Willow Hole *(7.2 mi / 6.4 km)*

Challenging Hikes

- ☐ Boy Scout Trail *(16 mi / 25.7 km)*
- ☐ Johnny Lang Canyon *(7.5 mi / 12 km)*
- ☐ Lost Horse Loop *(6.5 mi / 10.4 km)*
- ☐ Lost Palms Oasis *(7.5 mi / 12 km)*
- ☐ North View Loop *(4.6 mi / 7.4km)*
- ☐ Panorama Loop *(5.6 mi / 8 km)*
- ☐ Ryan Mountain *(3 mi / 4.8 km)*
- ☐ Stubbe Springs *(12 mi / 19.3 km)*
- ☐ Warren Peak *(6.3 mi / 10.1 km)*

California Riding & Hiking Trail (37 miles total)

- ☐ Black Rock to Covington *(7.6 mi / 12.2 km)*
- ☐ Covington to Juniper Flats *(11.3 mi / 18.2 km)*
- ☐ Juniper Flats to Geology Tour Road *(6.6 mi / 10.6 km)*
- ☐ Geology Tour Road to Twin Tanks *(4.5 mi / 7.2 km)*
- ☐ Twin Tanks to North Entrance *(7.3 mi / 11.7 km)*

Benefits of Hiking

Hiking can improve physical health as well as emotional and mental well-being. Regular exercise can help lower blood pressure, decrease the risk of heart disease, and reduce obesity. Spending time in nature helps relieve stress, increases vitamin D levels, and improves your mood.

While the benefits of the great outdoors are well known, North Americans average approximately 90% of their time indoors. Take the Joshua Tree National Park Hiking Challenge to reap the benefits of hiking and to #FindYourPark on over 200 miles of trail.

Share your experience with us on social media using #HikeJoshuaTree.

Find us
@JoshuaTreeNPS

Hiking Checklist

- Drink at least 1 gallon of water per day.
- Eat salty, high-energy snacks.
- Use sun protection.
- Wear sturdy shoes.
- Bring extra layers.
- Carry a map and compass.
- Tell someone where you are going and when you will return.
- Mineshafts can be death traps. Stay out.
- Avoid flash floods by staying out of canyons and dry washes if storm clouds are over head or upstream.
- Never put your hands where you can't see. Snakes, scorpions, and other dangerous animals may occupy cracks and shady nooks.

- No pets on trails. Dogs must be on leash at all times.

Safety is *your* responsibility!

Trail _____

Date _____ Miles Hiked _____

Discoveries, sights, sounds & inspirations ...

Trail _____

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Discoveries, sights, sounds & inspirations ...

Hiking Rewards

☐ 5 miles Ranger Initials: _____

☐ 10 miles Ranger Initials: _____

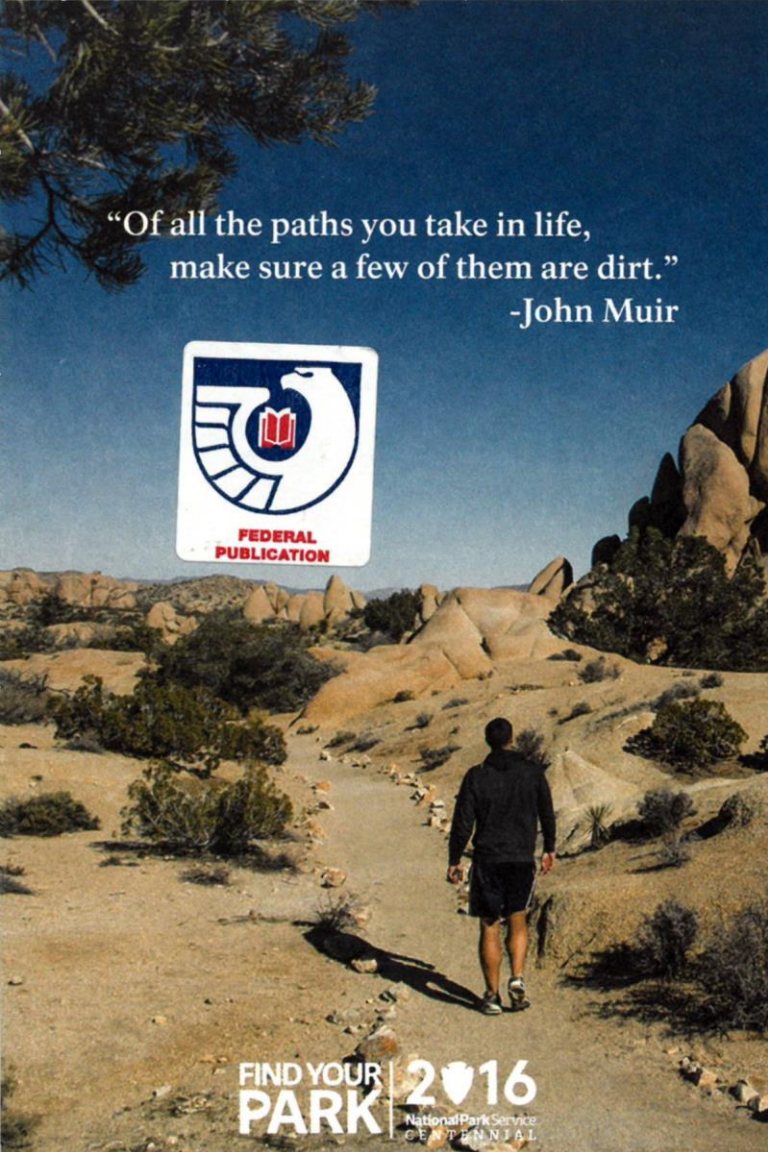
☐ 25 miles Ranger Initials: _____

☐ 50 miles Ranger Initials: _____

☐ 75 miles Ranger Initials: _____

☐ 100 miles Ranger Initials: _____

Congratulations!


"Of all the paths you take in life,
make sure a few of them are dirt."
-John Muir
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